

The role of psycho-oncology in the treatment of cancer patients

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Annotation: As a result of external factors causing negative changes in the human psyche, emotional disturbances, stress, and a violation of the norm of health in general lead to psychosomatic disorders. In the study of somatic diseases today, it has been proven that the disease cannot be cured without taking into account mental factors.

It is advisable to study the stages of psychological change in the course of the disease to determine the possibility of providing psychotherapeutic care to oncology patients. All diseases cause changes in the human psyche, but the internal psychological manifestations of oncological diseases are unique.

Keywords: oncological disease, psychotherapeutic effects, psychooncology, carcinogenesis, cognitive disorders, negative energy, energetic body, genesis, emotional state, adequate attitude, psychotherapy, psychological factors, psychological assistance, stress, psychocorrection program.

Cancer is one of the most pressing medical and social problems affecting human health around the world today. According to the World Health Organization, the incidence of such diseases is growing from year to year. About 16 million primary cancers are diagnosed worldwide each year. Among oncological diseases, breast cancer takes the leading place, followed by gastric, cervical and lung cancers. Unfortunately, in more than 50 percent of cases, these diseases are detected in the evening, that is, in cases where full treatment is difficult in the third and fourth stages. Therefore, the fight against this medical and social problem imposes a great responsibility not only on the health sector, but also on society as a whole.

It is known that today, breast cancer is a cause of great concern to the world community, causing premature death of many women. Unfortunately, the disease is getting younger every year, previously observed among women aged 50-60 years, today its first complications are observed in adolescent girls, even children, even newborns. The fact that the reason for its origin and the measures of action are not clear, however, requires a timely fight against it.

In developed countries, one in four people is at risk of cancer, and one in five people die from it. Modern cancer statistics show that 10 million people worldwide are infected with the disease each year. According to the World Health Organization, the growth of oncological diseases has increased by 15% in the last 10 years.

The treatment of cancer patients has become a problem not only in medicine, but also in psychology. As a result of external factors causing negative changes in the human psyche, emotional disturbances, stress, and a violation of the norm of health in general lead to psychosomatic disorders. In the study of somatic diseases today, it has been proven that the disease cannot be cured without taking into account mental factors. In recent years, the so-called oncological diseases of the 21st century have been growing at a rapid pace around the world.

The importance of the role of the human psyche in the origin, course and treatment of cancer as a result of scientific advances and interdisciplinary integration is reflected in research conducted in the years following the second half of the twentieth century.

In the World Health System, psychotherapeutic effects on diseases are recognized as one of the most effective treatments. Research on the psyche of oncology patients has led to the emergence of a new direction in the integration of medical and psychological sciences, and it has become known as the term "Psychooncology".

Psychooncology is a field of clinical practice and interdisciplinary research in the combination of psychology, oncology and sociology, which emerged and developed as a separate branch of oncology. The field of psychoncology goes beyond the treatment of cancer to include the patient's lifestyle, the psychological and social aspects of the oncological disease. Psychooncology studies the effects of disease on a patient's psychological health and the psychological and social effects of medical personnel and patient family members on the course of carcinogenesis and oncology. It also considers the cognitive impairments that occur as a result of light therapy and chemotherapy, and the placebo and notsebo effects.

In the diagnosis and diagnosis of the disease in many patients, its mental state is ignored, although the human psyche is inextricably linked to health and has its own impact on health. In physics, there is the concept of the "influence of the mental law". It is emphasized in this principle that at first the disease begins to develop in our energetic body, that is, in our psyche. If a person can change their lifestyle, mental state for the better and improve their quality, it is possible to prevent the physical transmission of the disease to the body and maintain health. Intensive negative energy accumulates in our mental body and sooner or later passes into our physical body and causes the development of various diseases and symptoms. Many experts believe that the genesis of some cancers develops in this way.

Galen, an ancient Roman physician who lived in the second century, said that women who were restrained, alert, and in a good mood were less likely to develop cancer than women who were depressed. Many qualified physicians who lived in later times were of the same opinion.

Diese Jendron, a French physiologist who lived in the early eighteenth century, considered in his observations that accidents, sadness, and depressed mood were one of the leading causes in the development of the disease.

In one study, E.Evans, an American scientist who tracks the emotional state of a cancer patient, described in detail in her book, Psychologically Monitoring Cancer, that oncological disease is directly related to psychiatry. Well-known psychologist and physician Carl Jung has this to say about this book: "The author of the book, Mrs. Evans, was able to solve many mysteries of cancer." After psycho-oncology was recognized as a branch of oncology in medical science, the field began to develop rapidly in the 1980s. Since 1990, two scientific journals have been published abroad under the name of this department. Since 1995, several world medical institutes have been training psychologists.

Renowned psychologist and Dr. Louise Hay has demonstrated effective treatment of cancer in her life example. At a young age, doctors diagnosed him with advanced cancer. At first there seemed to be no hope of getting rid of this pain and surviving. But he managed to overcome a serious and incurable disease with the strength of his will. In the book Heal Yourself, he writes: "Just as anyone knows they have cancer, I am terrified. However, I knew that the disease could be overcome through psychotherapy. I was convinced that inner pain and sorrow would erode a person, and I realized that I was doing a great deal of mental work for myself. I tried to gather my mental and emotional strength and get rid of the pain and sorrow. " In this work, the author discusses in detail the application of psychotherapy methods in medicine.

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Cancer differs from other diseases not only in the physiological condition of the patient, but also in the psychological state, the observation of depression, internal anxiety in patients can be seen not only from theoretical sources, but also from examples in our lives.

Ibn Sina wrote that the origin of a number of diseases depends on the nervous system, and that anger, fear, and severe depression weaken the body and cause various diseases. He proved his point based on the following experience. Ibn Sina kept one sheep under normal conditions and the other in a cage and fed both in the same way. A wolf was circling around the sheep in the cage. After a day or two, the sheep in the cage where the wolf was circling would not feed and would slip and die. Ibn Sina concluded that the death of a sheep was caused by mental stress and the consequent exhaustion of the organism.

Ibn Sina writes, "Everyone belongs to a particular client, and this must be taken into account when treating a patient." He focused on psychological factors in the development of the disease, noting that the course of the disease varies from person to person, and that this depends on the patient's client, family circumstances, social class and who is treating him.

An important task is to study important aspects of the process of providing psychological care to patients with oncological diseases. The solution to this task:

1. Expanding the treatment of oncology patients;
2. Improving the effectiveness of medical treatment measures through the creation of internal human reserves;
3. Provides an opportunity to overcome the cases of mental crisis caused by oncogynecological diseases in women, who make up a large part of the population.

One of the causes of oncological diseases is stresses that occur in human life. As a result of their psychological impact on relieving reactions to stress, the patient is able to overcome a state of frustration and weakness.

Psychotherapeutic care for oncology patients is aimed at overcoming the negative emotional states that arise in the psyche of oncology patients, forming an adequate attitude to the disease, self, others, the future, through a special psychocorrection program that has a positive impact on treatment.

The psychocorrectional program is based on modern approaches to psychology, the latest developments in science, and the purposeful, systematic conduct of each lesson allows to strengthen the internal system of the human psyche, to realize the principle of unity of body and soul.

Of course, all the measures taken are very important for the protection of human health. However, the notion that prevention is preferable to treatment is more valuable to the field of oncology. Therefore, disease prevention remains a priority among the population.

Today's modern research has proven that anyone can prevent cancer using simple methods that can be followed in their daily lives. That is, a healthy diet, physical activity, abstinence from harmful habits such as smoking, alcoholism, adherence to a healthy lifestyle, timely medical examination will protect a person from such serious diseases.

Hence, the provision of psychological care to cancer patients is as important as the medical impact.

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